

Ethos HDM Traditional Menu- February 2026



A suggested donation of \$2.00 is requested. Each meal includes low-fat milk and margarine. Total calories and sodium, including milk and margarine, are listed for each day. Calories for the total meal, including milk and margarine, are listed for each day. Milligrams of sodium (Na+) are listed to the right of each item. Milk=125 mg sodium. Margarine=35 mg sodium. Menus are subject to change.

All HDM Drivers are required to see someone at delivery. No meals will be left without seeing someone at delivery.

To cancel a meal, please call 617-477-6606 by 9AM the previous day.

Monday 2/2

Tuesday 2/3

Wednesday 2/4

Thursday 2/5

Friday 2/6

Na+

Na+

Na+

Na+

Na+

Braised Beef & Vegetables

75

Pulled Pork Tacos

550

Chicken Pot Pie

215

Tuscan White Fish

413

Maple-Bacon Glazed Chicken

162

Mashed Potatoes

23

Cilantro Lime Rice

67

Whole Grain Buttermilk Biscuit

370

Roasted Potatoes

85

Butternut Squash

12

Vegetable Medley

54

Black Beans, Corn & Peppers

61

Broccoli

38

California Blend Vegetables

34

Green Beans & Red Peppers

30

Wheat Bread

65

Tortilla Wrap

135

Fig Newton

180

Cornbread Loaf

180

Hawaiian Roll

80

Chocolate Pudding

135

Orange

0

Applesauce

0

Orange

1

Cal:832 Na:487mg

Cal:680 Na:948mg

Cal:915 Na:938mg

Cal:690 Na:847mg

Cal:780 Na:420mg

Monday 2/9

Tuesday 2/10

Wednesday 2/11

Thursday 2/12

Friday 2/13

Na+

Na+

Na+

Na+

Na+

Creamy Cajun Salmon

226

American Chop Suey (Turkey)

225

Chicken Scampi

172

Pot Roast w/ Gravy

590

Shepherd's Pie

295

Mashed Potatoes

23

Whole Grain Pasta

4

Whole Grain Pasta

4

Baked Sweet Potatoes

21

Mashed Potatoes, Corn & Peas

-

Carrots

54

Broccoli

38

Green Peas

20

Vegetable Medley

50

Green Beans

20

Dinner Roll

100

Wheat Bread

65

Wheat Roll

150

Wheat Roll

150

Cornbread Loaf

180

Vanilla Pudding

130

Fruit Cup

5

Banana

1

Chocolate Chip Blondie

190

Peach Fruit Cup

5

Cal:774 Na:668mg

Cal:761 Na:472mg

Cal:805 Na:482mg

Cal:770 Na:1136mg

Cal:877 Na:635mg

ANNOUNCEMENTS

Snow Emergencies: If you are concerned that Ethos is closed due to bad weather, please call the main number at 617-522-6700. Ethos' closing announcement is also listed on local television stations Channel 5 and Channel 7.

HDM Hot Meal Reheating Instructions:

1. Peel or slit the plastic film of your HDM tray.
2. Microwave for 2-3 minutes or place meal on a cookie sheet to heat in oven at 350F for 10 minutes.
3. Do not use toaster ovens to reheat under any circumstances!

We recommend that you eat your meal the same day of delivery. If you do not eat your meal immediately, please refrigerate or freeze it.

Please notify Ethos of any life threatening food allergies @ 617-477-6606

Ethos HDM Traditional Menu- February 2026

Monday 2/16	Tuesday 2/17	Wednesday 2/18		Thursday 2/19		Friday 2/20		
WE WILL BE CLOSED ON PRESIDENTS DAY 	Chicken Anna Maria (Filet) White Rice Carrots Wheat Roll Banana	Na+ 540 25 54 150 1	Ash Wednesday Egg & Cheese Broccoli Bake Whole Grain Buttermilk Biscuit Mixed Vegetables Pound Cake	Na+ 315 370 51 240	Beef Stroganoff Egg Noodles Brussel Sprouts Wheat Roll Cinnamon Apples	Na+ 201 7 26 150 3	Lent Herb Crusted White Fish w/ Lemon Garlic Mashed Potatoes Broccoli Wheat Bread Chocolate Chip Cookie	
Frozen meals delivered week of 2/9/26	Cal:705 Na:905mg		Cal:782 Na:1111mg		Cal:752 Na:522mg		Cal:766 Na:686mg	
Monday 2/23	Tuesday 2/24	Wednesday 2/25		Thursday 2/26		Friday 2/27		
Stewed Tomato Chicken Drumstick Rice Pilaf Kale & Red Peppers Wheat Roll Vanilla Pudding	Na+ 213 50 29 150 130	Beef Chili w/ Cheese w/ Whole Grain Buttermilk Biscuit Mixed Root Vegetables Pear Margarine	Na+ 323 370 65 1 30	Teriyaki Shrimp White Rice Edamame, Corn & Peppers Cornbread Loaf Banana	Na+ 560 25 22 180 1	Meatloaf w/ Gravy Garlic Mashed Potatoes Carrots Wheat Bread Orange	Na+ 545 23 56 65 1	Lent Cheesy Vegetable & Rice Casserole Seasoned Rice Green Peas Dinner Roll Oatmeal Cookie
Cal:761 Na:707mg	Cal:755 Na:894mg		Cal:795 Na:923mg		Cal:716 Na:825mg		Cal:742 Na:825mg	



February is American Heart Month! - From the Desk of the Community Dietitian at Ethos

These dietary recommendations can help control blood pressure and reduce the risk for kidney disease, heart attack, stroke and vascular dementia.

- Choose foods with low or no salt
- Limit fatty foods, red meat and sugary beverages.
- Increase fruits and vegetables with meals and snacks.
- Exercise regularly, about 30 minutes daily or choose a movement that works best for you (i.e. chair exercises).

Visit the [American Heart Association](#) or the [National Heart, Lung, and Blood Institute](#) websites to find community events, educational resources, and publications.

Residential Exemption in Massachusetts

-The residential exemption reduces your tax bill by excluding a portion of your residential property's value from taxation. This fiscal year, the residential exemption saved qualified Boston homeowners up to \$4,353.74 on their tax bill.
-For Fiscal year 2026, you have until April 1, 2026 to file an application.
-call Taxpayer Referral and Assistance Center at 617-635-4287 to see if you're eligible or to request an application

Senior Circuit Breaker Tax Credit

-The Massachusetts "Circuit Breaker" tax credit provides tax relief for low to moderate income older adults age 65+.
-Available to renters & homeowners based on certain eligibility requirements
-Contact the MA Department of Revenue for more info by calling 617-887-6367 or visit mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit

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